THE GOOD LIFE

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When a doctor frankly admits—

Because the modern Doctor is a scientist and not a 'medicine man' he is willing to take us into his confidence. 'Yes', he says, 'there still remain many dark mysteries of health and disease. But here is a principle you *can* rely on. To put young and old on their feet again after illness you *must* feed their nerves and blood with organic phosphorus and protein'.

'Sanatogen' Nerve-Tonic Food supplies this organic phosphorus and protein in a form we can all assimilate.

If illness has left you listless, run-down, take 'Sanatogen' Nerve-Tonic Food. It will restore your lost vigour and vitality. It will give you full-blooded health and energy again. But no miraculous claims for 'Sanatogen' are made. Because it is a true nerve tonic and food, working naturally and scientifically, it will take a little time to overcome a deep debilitation. That is why you should *take an eight weeks' course of 'Sanatogen' Nerve-Tonic Food.* Remember, it is not a mere pick-me-up. The good it does is positive and lasting.

No, 'Sanatogen' Nerve-Tonic Food won't work miracles. But it *does* work wonders.

What 'SANATOGEN' Nerve-Tonic Food is . .

'Sanatogen' is a brand of casein and sodium glycerophosphate unrivalled as a Nerve-Tonic Food. In the opinion of more than 25,000 doctors it is the finest tonic food ever discovered. This is no sweeping statement—for more than 25,000 doctors have expressed this opinion in writing.

'Sanatogen' Nerve-Tonic Food gives you new strength, new energy, new powers of resistance and recuperation. Medical science has proved conclusively that both organic phosphorus and protein are vitally necessary to health, and 'Sanatogen' Nerve-Tonic Food supplies both these elements in a form that everyone can assimilate. That is the whole secret of the wonderful results it achieves.

Protein and phosphorus may be taken in a variety of forms.

But only in 'Sanatogen' Nerve-Tonic Food are they in exactly the right proportion to assure complete and easy assimilation.

The art of fighting illness

We wish to make it quite clear that 'Sanatogen' Nerve-Tonic Food by itself is not a cure for any specific ailment, excepting only those directly caused and maintained by malnutrition of the nerves and blood. But its value as an aid in the treatment of almost all diseases cannot be questioned.

During sickness the appetite is usually affected. The patient cannot eat sufficient food and the system cannot extract the full nutriment from the food eaten. This condition is largely due to the poisons created within the system by the disorder. And this retarded metabolism prevents the medicine prescribed by your doctor from exercising to the full its beneficial influence.

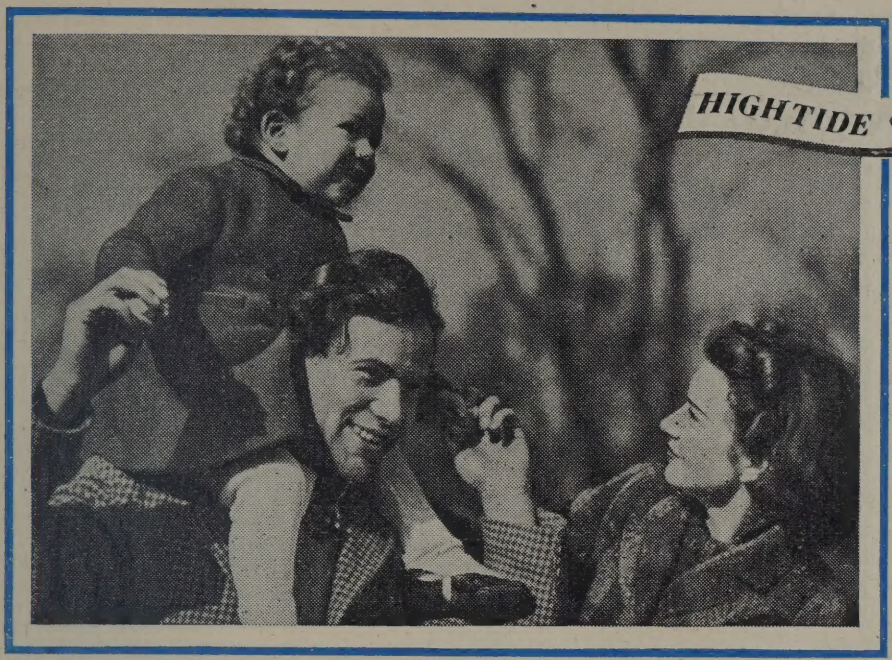
'Sanatogen' Nerve-Tonic Food supplies the necessary nourishment in a form that the most enfeebled digestion can readily absorb—thereby aiding any form of medical treatment. It provides the extra vitality which enables the body naturally to conquer the invading bacilli and restore normal health and vigour.

The art of getting well again

When the illness is over there follows the long and tedious time of convalescence. Nerves jumpy and frayed. A feeling of extreme weakness that frustrates every wish. And a mood of deep depression that is hard to overthrow. This period of convalescence is a critical time, for vitality is reduced to its lowest ebb and the risk of complications is great. Strength *must* be regained. And if this is left to Nature alone, progress is often very slow. A course of 'Sanatogen' Nerve-Tonic Food is needed.

'Sanatogen' Nerve-Tonic Food is a highly concentrated strengthening food that everyone can digest. It helps to rebuild the red blood corpuscles, strengthens the nerves and complements any form of medical treatment.

An eight weeks' course of 'Sanatogen' Nerve-Tonic Food will quickly restore strength and build up a new reserve of energy. It is used regularly in hospitals all over the world: and more than 25,000 doctors have described it as the finest of all tonics for convalescents.



The art of keeping well

Answer this question honestly . . . how often do you feel really well? If you can answer 'always' it is probable that you do not need 'Sanatogen' Nerve-Tonic Food. But most of us, most of the time, are only *half-well*. We feel tired, and listless, particularly at the end of a day. Because we need more energy than our bodies can provide. We literally 'live on our nerves'—using up the reserves of vitality that should be stored to form our defence against illness. This condition is very prevalent and very dangerous. It leaves us liable to colds, influenza and many other minor ailments. That is why we need 'Sanatogen.'

'Sanatogen' Nerve-Tonic Food supplies *extra* phosphorus and protein to feed nerves and brain and blood. Extra energy to protect us from illness. It gives us the extra vitality necessary to get the utmost enjoyment from our work and our leisure.

The science of building sturdy babies

During the nine months of pregnancy and the many nursing months that follow, a woman has to supply from her own body enough energy to sustain another life. And during this trying period her digestive system is particularly sensitive and easily upset. To eat more food would merely invite digestive troubles. It is necessary that more energy should be absorbed from the food normally eaten. And this is where 'Sanatogen' helps.

'Sanatogen' Nerve-Tonic Food provides additional phosphorus to feed the nerves and brain. Vital proteins to build new tissues and enrich the blood. And it helps to extract more nourishment from ordinary food as well.

'Sanatogen' Nerve-Tonic Food soothes jumpy nerves. It stops the feeling of extreme tiredness and weakness. Taken at night it induces sound and healthy sleep. And from conception to the end of the nursing period it supplies the extra nourishment necessary for the health of both mother and child.

Diet for Diabetics

Every case of Diabetes presents two difficulties—breakdown of carbohydrate metabolism* and the breakdown of general metabolism: with a consequent loss of physical and nervous tone. 'Sanatogen' Nerve-Tonic Food can, therefore, be said to possess a double appeal to diabetics—nutritive, inasmuch as it supplies some of the essential protein requirements in this disease, and neurotonic, by virtue of its tonic effect upon the nervous system controlling the balance of endocrine action. It contains no sugar, starch, or fats: and is, therefore, perfectly safe even if the diabetic is not under insulin treatment.

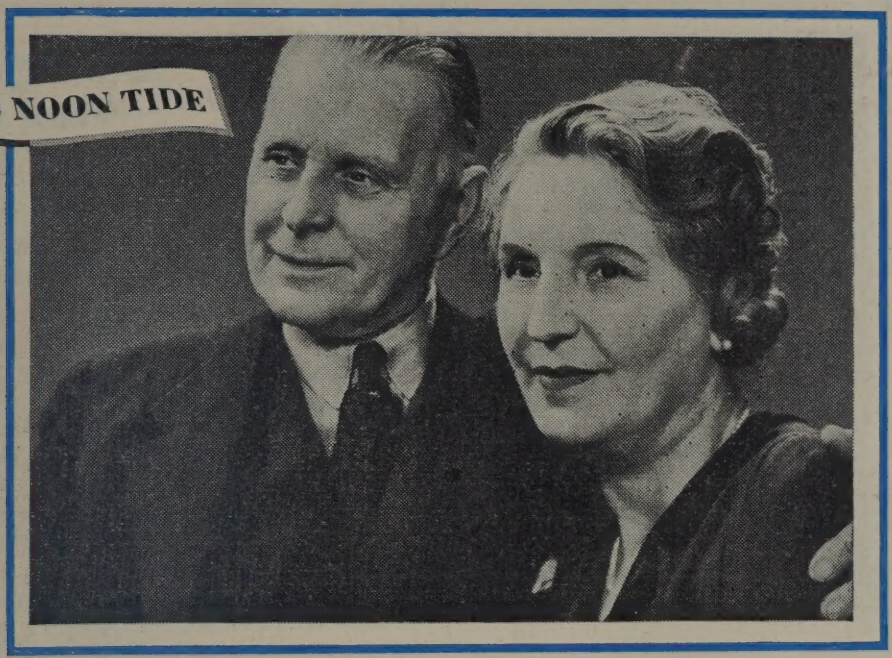
The beneficial action of 'Sanatogen' Nerve-Tonic Food on the nervous system, apart from the improvement of the general metabolism, is striking. Owing to the long-continued dietetic restrictions, patients often become undernourished, irritable, and prone to attacks of nervous excitement. These symptoms rapidly improve under treatment with 'Sanatogen', confidence returns and weight increases.

* Metabolism is the process by which food is built up into living tissue.

How to keep children healthy

The nerves of a child are much more easily strained than those of an adult. Trifles are often tragedies to a child and worries over school work make a heavy drain on his vitality. There are unaccountable bouts of fatigue and outbursts of temper; he loses appetite and fails to absorb sufficient nourishment from the food he does eat. And despite all care he looks tired and weakly.

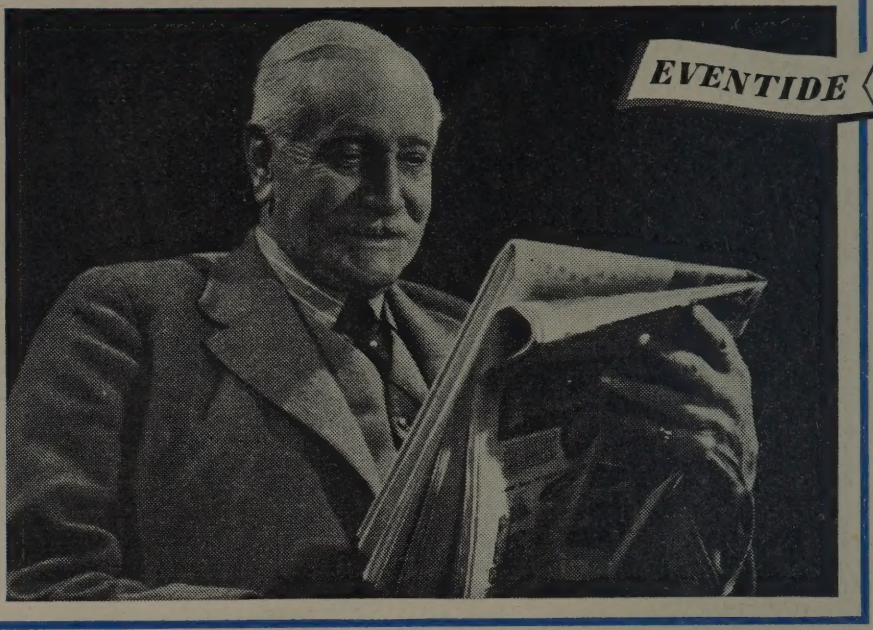
But just as a child's sensitive system is easily upset, so it responds quickly to the vitalising power of 'Sanatogen' Nerve-Tonic Food. 'Sanatogen' strengthens those strained nerves. It restores the appetite, conquers all tendency to anæmia and gives full-blooded health and strength. It provides phosphorus for brain and bone, building a strong and sturdy body. It creates the vitality and energy that is the surest safeguard against illness. 'Sanatogen' is the most easily digested of all nerve-tonic foods—it cannot possibly upset the most delicate digestion.



How to get the best out of middle-age

To the very young, middle-age is a time for armchairs, or even bathchairs. But healthy and vigorous men and women in the middle years rarely realise that they have reached the noontide of life. Yet middle-age can be a trying and even critical time—especially for women. Some time between 45 and 65 the mind usually begins to lose some of its resilience. Vitality fades and small health difficulties appear. But most of the disadvantages of middle-age can be avoided by taking 'Sanatogen' Nerve-Tonic Food regularly. 'Sanatogen' will replace that vital energy that so often slips away with youth. It will make rich strong blood. It will feed and repair tired nerves.

'Sanatogen' Nerve-Tonic Food is a pure brand of casein-sodium glycerophosphate. Because it contains no sugar or other carbohydrates, it provides nourishment that will not influence the normal-health body-weight. It will make and keep you healthy and vigorous, but it will never make you fat.



How to be healthy in later life

Age has many compensations. But really good health is rarely amongst them. After middle life, small digestive troubles often appear. The desire for food grows less. And less nourishment is absorbed from the food that is eaten. So that most elderly people feel tired, listless, worn-out at a far earlier age than Nature intended. In most cases this feeling of weakness is not due to age, but to *malnutrition.* The body is starved of the essential foods it needs—phosphorus and protein.

This condition can be overcome quite simply by taking an eight weeks' course of 'Sanatogen' Nerve-Tonic Food. 'Sanatogen' supplies just that extra phosphorus and protein necessary to feed the nerves and blood and brain—without putting any additional strain on the digestion. And it helps the absorption of more nourishment from ordinary food as well.

Can 25,000 doctors be wrong?

Over 25,000 doctors have written praising 'Sanatogen' Nerve-Tonic Food as being unrivalled as an aid in nervous and nutritional disorders, and in cases of weakness of the blood and body generally.

In addition to these purely medical statements, thousands of letters from men and women who have benefited by 'Sanatogen' Nerve-Tonic Food have been received. They are from people in all ranks of life, and include famous Statesmen and Scientists, eminent Judges and Members of the Bar, distinguished Authors, prominent Athletes and Artists, Churchmen of high degree, as well as representatives of all other professions and businesses. Many of them say that 'Sanatogen' Nerve-Tonic Food has not only helped them in conditions of ill-health, but that in normal daily life they would not like to be without it; for they have noticed how much better they feel when taking it daily, how much more work they can do, and how much more pleasure they extract from life.

DOCTORS WRITE . . . .

"There is abundant evidence of the value of 'Sanatogen' Nerve-Tonic Food as a restorative and food, more particularly in cases of general debility."

The Lancet.

" 'Sanatogen' Nerve-Tonic Food effectually improves the digestive powers of the stomach, aids the nutrition of the whole organism, and restores to their usual activity those organs whose functions it is to keep the blood at its normal standard."

The General Practitioner.

" 'Sanatogen' Nerve-Tonic Food is readily absorbed by the stomach and has an immediate and remarkable effect shown by a steady measure of strength and energy."

Medical Press & Circular.

In "Therapeutic Medicine", Vol. II, No. 3, Professor Goldwater of New York describes a typical case of diabetes, in which the cell-stimulating action of 'Sanatogen' Nerve-Tonic Food was tried. He writes: "The condition improved at once. I select this from a series of eight cases of diabetes as showing most clearly the beneficial effects of 'Sanatogen' Nerve-Tonic Food as an adjuvant in the treatment of this disease."

"If any remedy should find the widest appreciation, it is 'Sanatogen.' There is no preparation as powerful to restore vitality. No better tonic is known and none more suitable to convalescents."

Dr. B. B.

"I thank you for the sample of 'Sanatogen' Nerve-Tonic Food recently sent me. I am prescribing this preparation with good results in two cases of chronic Fibroid Phthisis. One patient has shown steady, though not spectacular, increase of weight throughout the winter months. Whilst, naturally, one cannot ascribe, with certainty, all this increase in weight to your preparation, it has, I feel sure, played its part."

R. N. A.

"I am sorry I omitted to write and tell you how much benefit the sample of 'Sanatogen' Nerve-Tonic Food did for me. I was, and still am, thoroughly run-down after months of strenuous work both on night duty and also on mental cases, and *have not been able to sleep owing to exhausted nerves*. I am thankful to say your preparation has done me so much good. I am sleeping better and eating better and do not feel so utterly exhausted. At present I am taking it, and have recommended it to several people and patients and shall continue to do so, as it has certainly given me energy."

H. Bell (Nurse).

"You ask me for my comments on 'Sanatogen' Nerve-Tonic Food for nerve strain. I can only say that I have used it for many years, both for my patients and myself, but I find it of most use in cases of nerve debility rather than nerve strain, especially post influenzal."

H. B., M.D., B.S.

"I was suffering from nervous debility and have pleasure in expressing my satisfaction in the definite improvement in my condition after three weeks' use of your 'Sanatogen' Nerve-Tonic Food. I feel wonderfully better in every way and shall be glad if you will forward me by return a further 19/9 tin."

J. D. B.

AND PATIENTS AGREE . . .

"I do not regret my decision to turn to 'Sanatogen' Nerve-Tonic Food as I'm much improved in every way—sleeping better, appetite approaching the ravenous—and what a treat not to have that beastly 'heavy' indigestion."

Mr. L. D. Newson,
York.

"I have suffered for seven years with neurasthenia. I had it so badly I thought I would never get better. One day a friend recommended 'Sanatogen' Nerve-Tonic Food and it was like giving me a little bit of heaven, I felt so different—full of life and energy—even after taking a few doses."

Mrs. L. McIntosh,
Hebburn-on-Tyne.

"For three years I have suffered from Neurasthenia with its accompanying symptoms of palpitation, lack of energy, excruciating pain in the back of the head for days at a time, and utter incapability of clear thinking. After taking 'Sanatogen' Nerve-Tonic Food for only a short while I have more physical energy than I have known for months, and feel a wonderful improvement in every way."

Miss E. W. Hall,
Cricklewood, N.W.2.

"I was suffering from extreme nervous debility, acute indigestion and colitis when my Doctor advised me to take 'Sanatogen' Nerve-Tonic Food. I have quite recovered now, and have not taken 'Sanatogen' Nerve-Tonic Food for about three weeks. I have had no return of any of the trouble from which I was suffering when I started taking it."

Miss Day,
Liverpool.

"I cannot speak too highly of 'Sanatogen' Nerve-Tonic Food and its marvellous action in nerve trouble. I have terrible attacks of neuritis in my body, and nothing has given me the relief I have obtained from 'Sanatogen' Nerve-Tonic Food."

Mrs. Morbey,
Birmingham.

"My little girl, aged 3½ years, who has always been of a nervous disposition, became much worse. I asked my doctor if there was anything I could get for her, and he recommended 'Sanatogen' Nerve-Tonic Food. She is now a fine, bonny child and only takes it once a day in cocoa for lunch and does not even know she takes it, as it is quite tasteless."

Mrs. P. Linnett,
Birkenhead.

"It gives me great pleasure to say how much I have benefited by your wonderful 'Sanatogen' Nerve-Tonic Food. Previous to taking it, I had tried almost everything for my nerves and indigestion. I couldn't walk for giddiness, and then a friend of mine told me about 'Sanatogen'. I have taken it and I feel a different woman, and shall continue to keep a tin in the house."

Mrs. M. Jones,
Chippenham.

"My husband has suffered with indigestion badly off and on for years. In February last he had Influenza, which left him in a very low state, with a return of his stomach trouble. He got so thin and looked so ill. He was recommended 'Sanatogen' Nerve-Tonic Food. He seemed to reap the benefit from it at the start by feeling much brighter and stronger. He seems a different sort of man and has put on several pounds in weight. He thinks it is wonderful stuff, and we thoroughly recommend it to all friends and workers."

Mrs. J. Thurlow,
London, S.W.16.

"I had a very bad form of indigestion during a nervous breakdown. I was possessed with the terrible fear of every imaginable complaint possible. My doctor ordered me 'Sanatogen' Nerve-Tonic Food, and I am now able to attend to my household duties. I began to lose every scrap of interest in life and was in constant fear that my mentality was weakening. I had such dreadful pain and head noises, with sleeplessness, but with my doctor's encouragement and insistence that I should persevere with 'Sanatogen', I am a very much healthier woman to-day."

Mrs. Theobald,
St. Helens.

"My nerves were in a terrible condition and my heart was bad: in fact, I had been bedridden for months, and had given up hopes of ever getting about again, but thanks to 'Sanatogen' Nerve-Tonic Food I am able to go about the house and also feel in better health than I have done for years."

Mrs. E. A. Fairclough,
Burnley.

"When 7 years old, I was given up by the doctor. I was very ill indeed with rheumatic fever. I was just having his medicine and your famous 'Sanatogen' Nerve-Tonic Food. I was unconscious most of the time and was so weak I had to take 'Sanatogen' in a baby's bottle. The doctor, and everyone, said it was a miracle when I recovered. Years after, when my stomach got so upset that no food at all would stay down, my thoughts went back to 'Sanatogen' Nerve-Tonic Food. There and then I sent for a small tin and soon felt like a new being."

Miss F. Tattersall,
Blackpool.

"I want to tell you how thankful I am for the great benefit I feel after taking your wonderful preparation, 'Sanatogen' Nerve-Tonic Food. I feel a different being and shall recommend it to all I come across with nerve trouble. I have been troubled with weak nerves for years, also depression, but since taking 'Sanatogen', life seems worth living. I shall be 70 years of age next March."

Mrs. B., London, N.22.

"Allow me to say a few words about the benefit my wife has derived from 'Sanatogen' Nerve-Tonic Food. I had about four doctors to her for about 3 years with no results. Stomach gastric and ulcers. Her weight was 6 stone 9 lb. Two years ago she started with 'Sanatogen'; a different woman to-day and weight 8 stone 9 lb. Words cannot express my appreciation of your valuable preparation. I have been the means of putting at least 40 people on the way to good health with your valuable remedy and who are now taking same regularly."

Thomas Leigh,
Oldham.

"I take 'Sanatogen' Nerve-Tonic Food for sleeplessness. It has a most marvellous effect on me like nothing else. I have tried all the various substitutes, but not one of them did me any good."

Lady George Loftus.

HOW TO SLIM

Well-being without weight

'Sanatogen' Nerve-Tonic Food provides nourishment without influencing the normal healthy body-weight. It contains no sugar, starch or fats—and therefore is ideal for all who wish to get fit and keep slim.

'SANATOGEN' Nerve-Tonic Food
(Regd. Trade Mark)

A BRAND OF CASEIN AND SODIUM GLYCEROPHOSPHATE

IS SOLD BY ALL CHEMISTS

Prices from **2/3** to **10/9** a tin, and a Family Size Glass Jar at **19/9** (eight weeks' course)

'SANATOGEN' NERVE-TONIC FOOD IS A 'GENATOSAN' PRODUCT

GENATOSAN LTD., LOUGHBOROUGH, LEICESTERSHIRE

THE GOOD LIFE

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